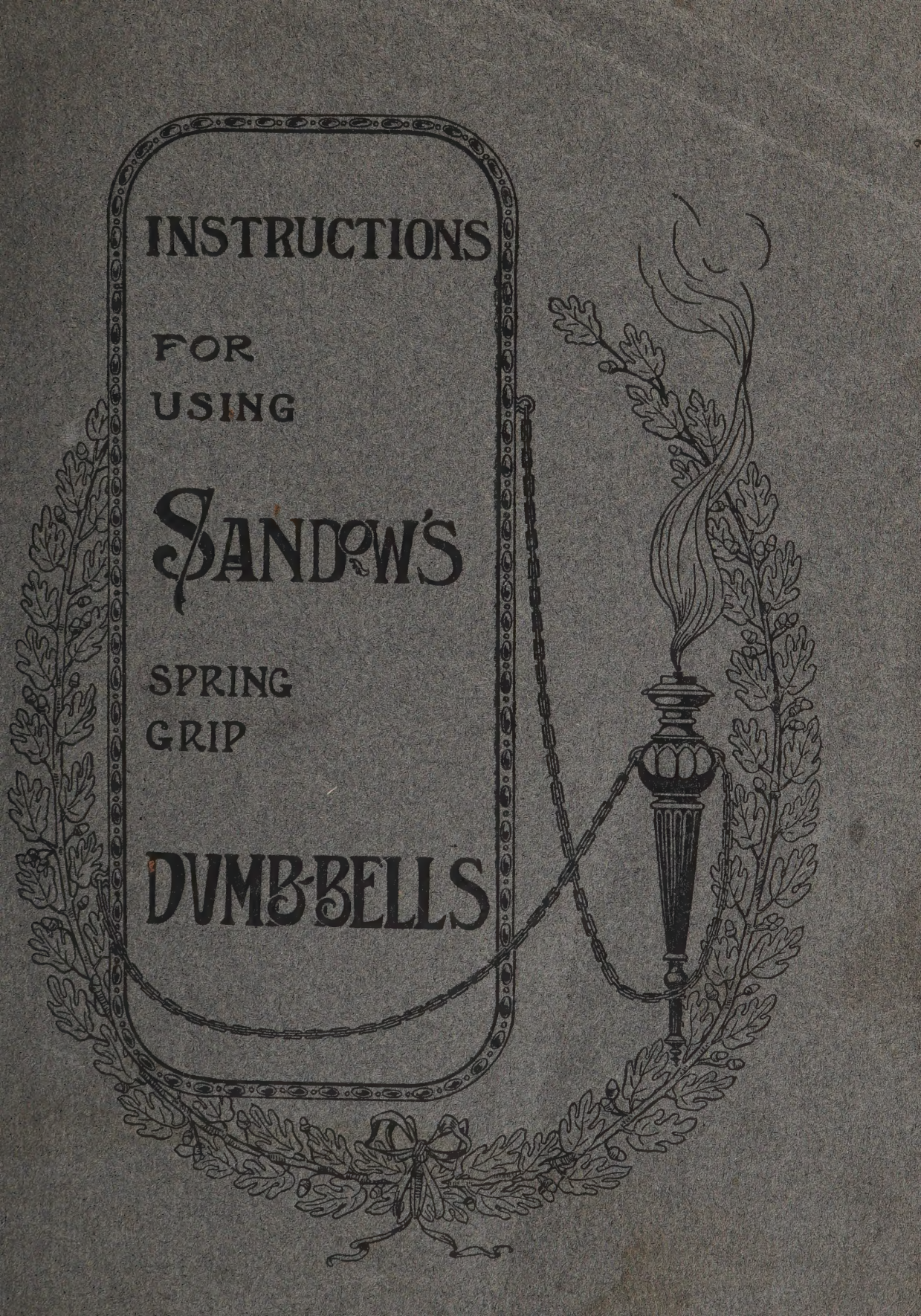
INSTRUCTIONS

FOR
USING

SANDOW'S

SPRING
GRIP

DUMB-BELLS



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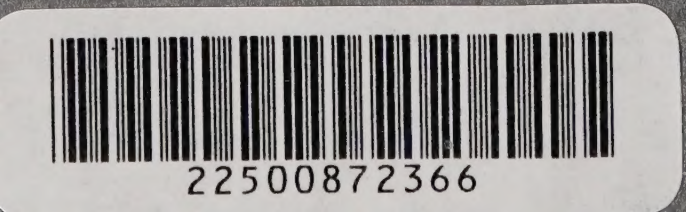
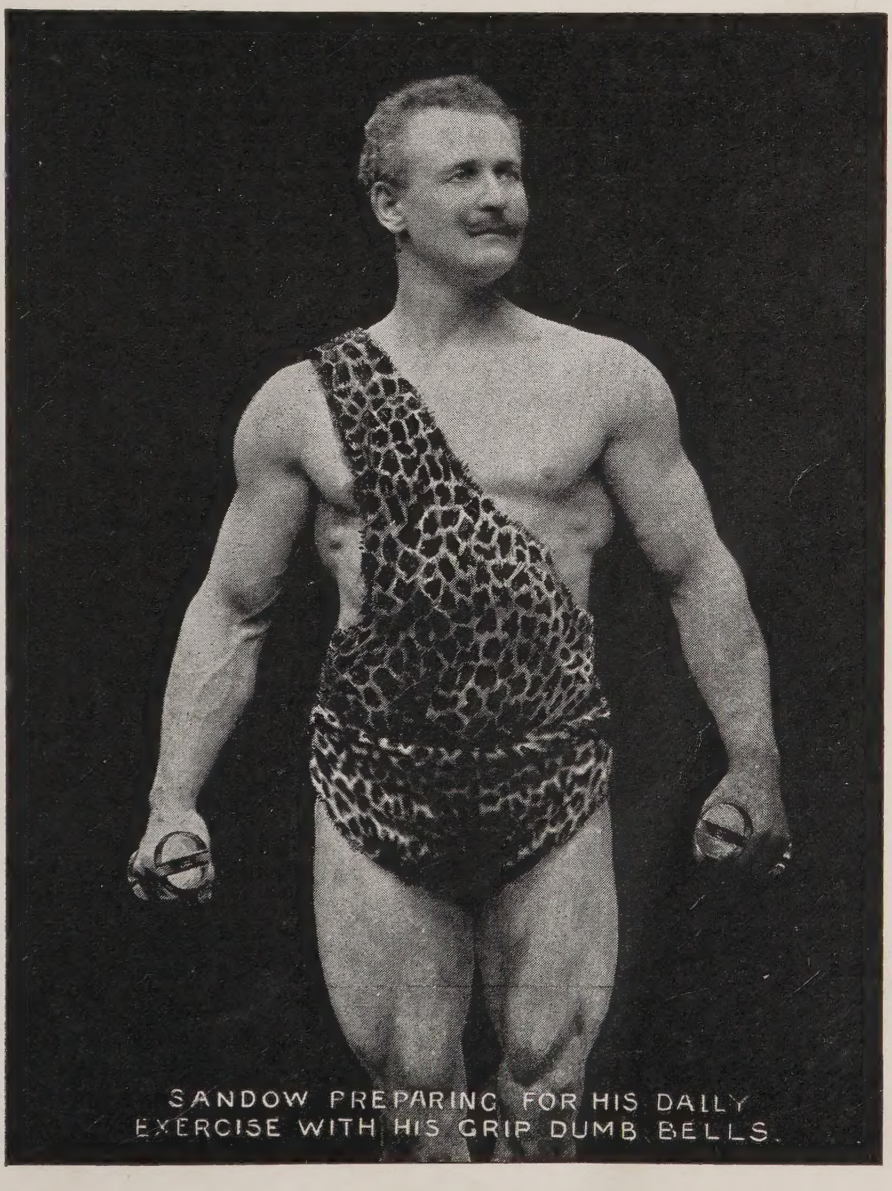


INSTRUCTIONS

FOR THE USE OF

SANDOW'S SPRING GRIP DUMB-BELLS.



SANDOW PREPARING FOR HIS DAILY EXERCISE WITH HIS GRIP DUMB BELLS.

Sandow's Spring Grip Dumb-Bells . . .

HAVE BEEN SUPPLIED TO

H.M. KING EDWARD VII.; H.M. QUEEN ALEXANDRA;
H.R.H. THE DUKE OF CORNWALL & YORK;
H.R.H. THE DUCHESS OF CORNWALL & YORK;
H.R.H. PRINCE GEORGE OF GREECE;
H.R.H. THE DUCHESS OF AOSTA;
And to nearly all the Crowned Heads of Europe.

You should use the Spring Grip Dumb-Bell because:—

1. Exercise is Useless without Will Power. The Grip on the Dumb-Bell Compels use of Will Power.
2. There is no Danger of any Strain on the Heart.
3. An Athlete can do more with these Bells than any other kind whatsoever.
4. As One's Development Increases, Pace can be kept with it by Adjusting the Springs.
5. They prevent Swing and Jerk getting into the Work.

GENERAL INSTRUCTIONS.

WHAT PART OF THE DAY TO EXERCISE.—I lay down no hard and fast rule; exercise according to leisure and inclination, but never exercise until two hours have elapsed since the last meal.

WHAT TO WEAR WHEN EXERCISING.—Exercise stripped down to the waist if possible, flannel trousers supported by an elastic belt (not too tight); if a singlet is worn it should be of wool and cut well away round the arms. Avoid anything tight round the wrists and neck.

WHERE TO EXERCISE.—Exercise in a large well ventilated room with the windows wide open, or even in the open air, if convenient, taking care to avoid chills and draughts. If possible, stand before a looking-glass, as it enables you to see the various muscles at work; it helps you to gain a greater command over each individual muscle.

GENERAL INSTRUCTIONS—(*Continued*).

HOW LONG TO EXERCISE.—This is a very difficult question to answer, and a certain amount of common-sense must be brought to bear on the subject by the pupil. As a general rule the average person will find five to ten minutes per day enough to start with, gradually working up to thirty minutes per day as the pupil gets more accustomed to the work. Don't mistake laziness for weakness.

WILL POWER.—The amount of benefit derived from exercise is governed almost entirely by the quantity of will power expended; the essential principle of the Sandow Spring Grip Dumb-Bell is that it compels you to exert a considerable force of will power during exercise.

CONCENTRATION.—It is necessary to concentrate the mind entirely on the group of muscles affected by the Exercise in operation at the time being.

ADJUSTABILITY OF THE SANDOW SPRING GRIP DUMB-BELL.—The resistance to the grip can be regulated to a nicety by adjusting the number and strength of the springs used, thus always keeping up with the development of the pupil's muscles.

ABNORMAL DEVELOPMENT IMPOSSIBLE.—It must be clearly understood that the "Grip" Dumb-Bell, by being used as shown in this booklet will strengthen all the muscles in the body in an equally perfect manner, and that *no muscles* in the body are *abnormally* developed at the expense of others, if the instructions on the chart are adhered to.

OBESITY.—When obesity takes the form of a protruding stomach it is generally caused through the abdominal muscles being unable to cope with the extra weight thus put on them; by practising Exercises Nos. 14, 15, 16, these muscles are strengthened and tightened up, thus pressing the stomach back in its original place.

DEVELOPMENT OF LEGS.—In Exercises **1** to **10** it is necessary to take up the exact position as shown in the booklet, with the heels touching and the feet at right angles, the legs slightly bent with a 9-inch distance between the knees, and taking care to keep all the muscles of the legs in tension.

Pupils are recommended to read SANDOW'S book on "STRENGTH, AND HOW TO OBTAIN IT," particularly the instructions how to exercise, etc. The book is published by Messrs. Gale & Polden, Ltd., 2, Amen Corner, Paternoster Row, or can be obtained with the Grip Dumb-Bell, or from any Bookseller,

PRICE 2/6.

THE USE OF SANDOW'S SPRING GRIP DUMB-BELLS FOR THE CURE OF MODERN COMPLAINTS.

The regular use of Sandow's Grip Dumb-Bells will supply every organ and muscle of the body with that gentle exercise which is so necessary to the human system. This exercise will, in a short time, give permanent relief to all those complaints which are caused by any failure of—or defect in—the muscular system, resulting from a sedentary life.

Whilst exercise is absolutely necessary to good health, every form of exercise is not suitable. It must not put any strain on the heart or produce abnormal development, if it does, more harm than good will result.

We claim that you will obtain more benèfit from exercise with Grip Dumb-Bells than from any other exercise, and without the slightest strain on the heart or producing abnormal development.

Exercise without will power also is useless. Grip Dumb-Bells *ompel* the user to concentrate his (or her) mind on the work throughout the whole exercise, in order to keep the Dumb-Bells together. This naturally improves concentration and the mental abilities.

Below we mention the exercises which are particularly beneficial for various complaints.

CONSTIPATION.

Constipation is a fault of the muscular system, as that system is responsible for the carrying away of all refuse matter. If the muscles are faulty an obstruction is caused and trouble follows. Exercises will quickly strengthen the abdominal muscles and consequently enable them to do their work properly. (Exercises 14, 15, 16, 17, and 18).

INDIGESTION AND DYSPEPSIA.

The digestion of food is principally a muscular duty. If the muscles around the stomach and other internal organs are not in perfect condition, food cannot be properly digested, and indigestion and dyspepsia are caused. Exercises 11, 12, 14, 15, and 19 have been specially drawn up to strengthen these muscles and organs, and cure these complaints.

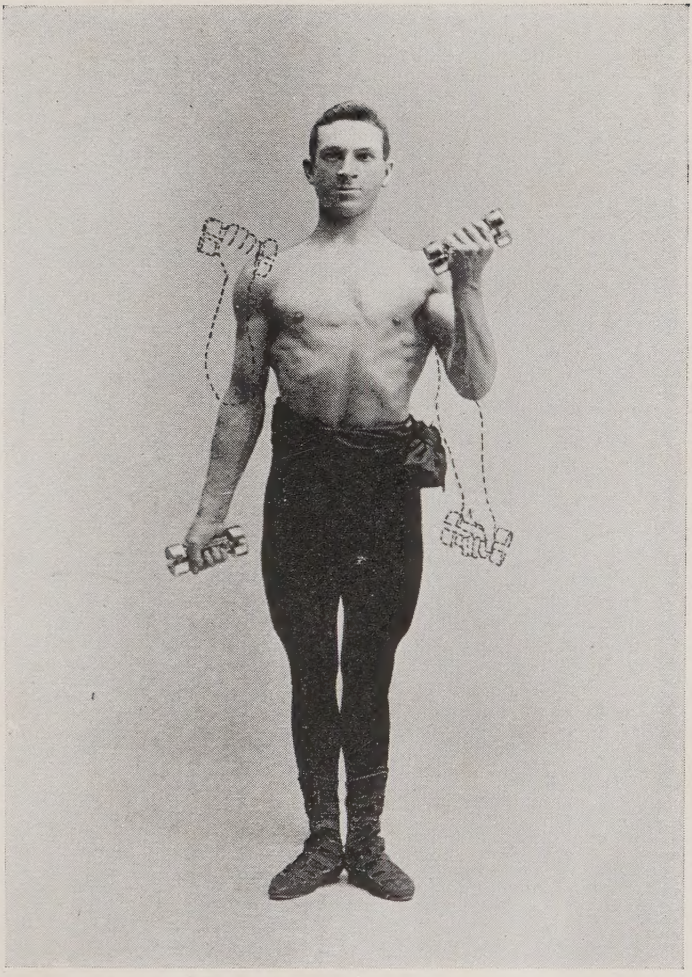
INSOMNIA AND NERVOUS DEBILITY.

These are due to some failure of the nervous system. Now the nervous and the muscular systems are closely connected, and by strengthening the latter, nervous disorders may be cured. This is done by the Grip Dumb-Bells benefiting the muscular system in a gentle but certain way. From No. 1—to—19.

SLUGGISH LIVER.

If the organs of the body are weak they will be unable to perform their work in a satisfactory manner. A sluggish liver can be invigorated and put in perfect working order by proper exercise, with the Grip Dumb-Bells. (Exercises 15, 17, 18 and 19).

NOTE.—In order to get the most satisfactory results, it is better not to restrict yourself to the exercises mentioned above, but to do a few movements of each exercise on the Chart, paying special attention to the one most applicable in your Special Case.

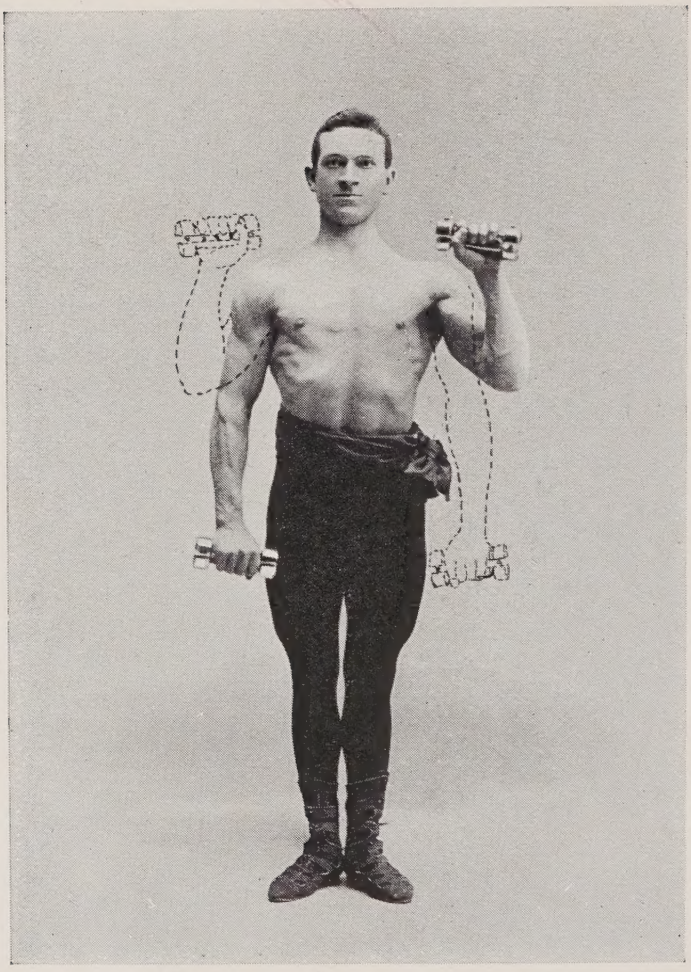


Ex. 1.—READY POSITION.

Turn the inner side of the arm fully to the front and press the upper arm against the side.

Movement.

Raise the right hand to the shoulder, exercising full tension all the way, straighten out the right arm again, at the same time raising the left arm to the shoulder. Muscles : Biceps and Triceps.



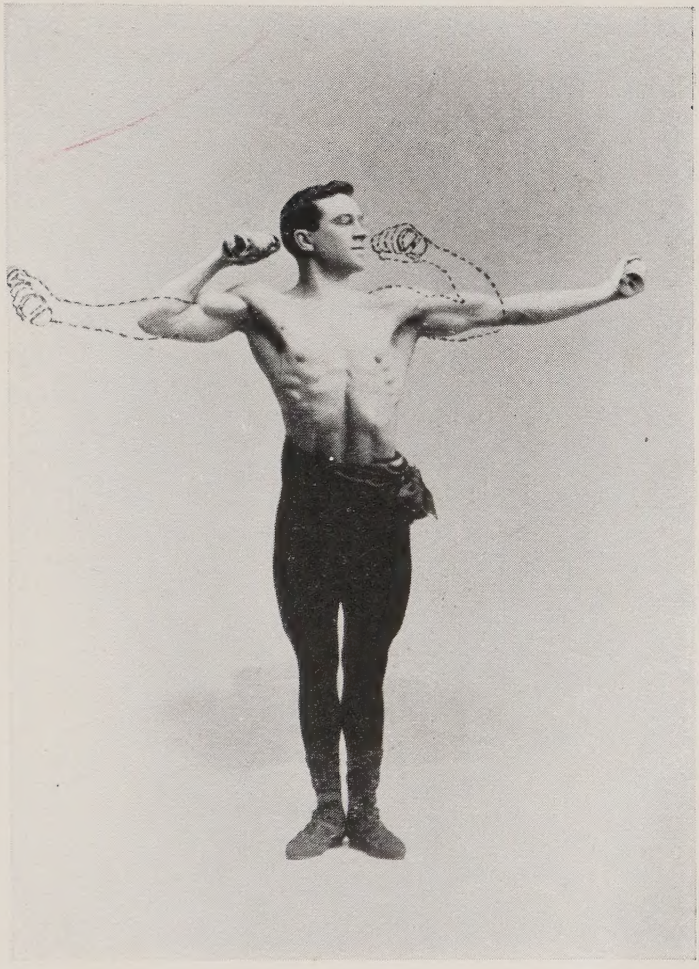
Ex. 2.—READY POSITION.

Turn the outer side of the arm to the front with the knuckles upward.

Movement.

Same as in Exercise 1, bringing the knuckles close up to the shoulders.

NOTE.—In Exercises 1 and 2 the upper arm must be pressed close to the side throughout the exercises. Muscles : Biceps and Triceps.

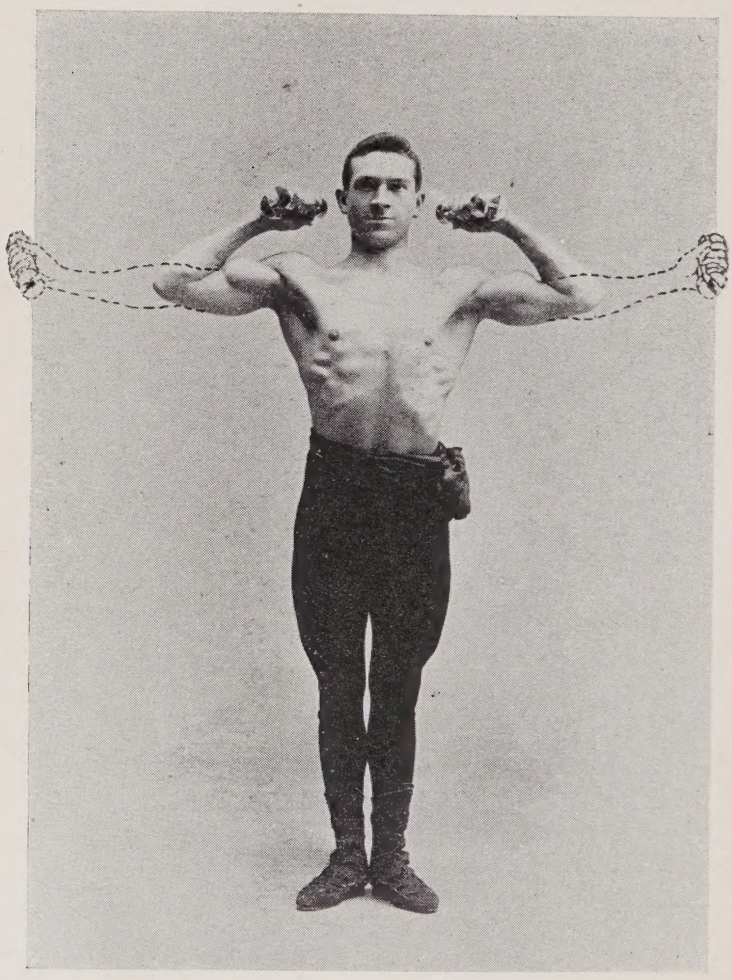


Ex. 3.—READY POSITION.

Extend both arms in a line with the shoulders, palms of the hands upward.

Movement.

Alternately flex each arm until the dumb-bell is immediately over the shoulder, and straighten again till the triceps are thoroughly in the strain. Throw the head well back and rotate from side to side so as to face the outstretched arm. Muscles : Biceps, Triceps, Deltoid, and Neck Muscles (lateral).

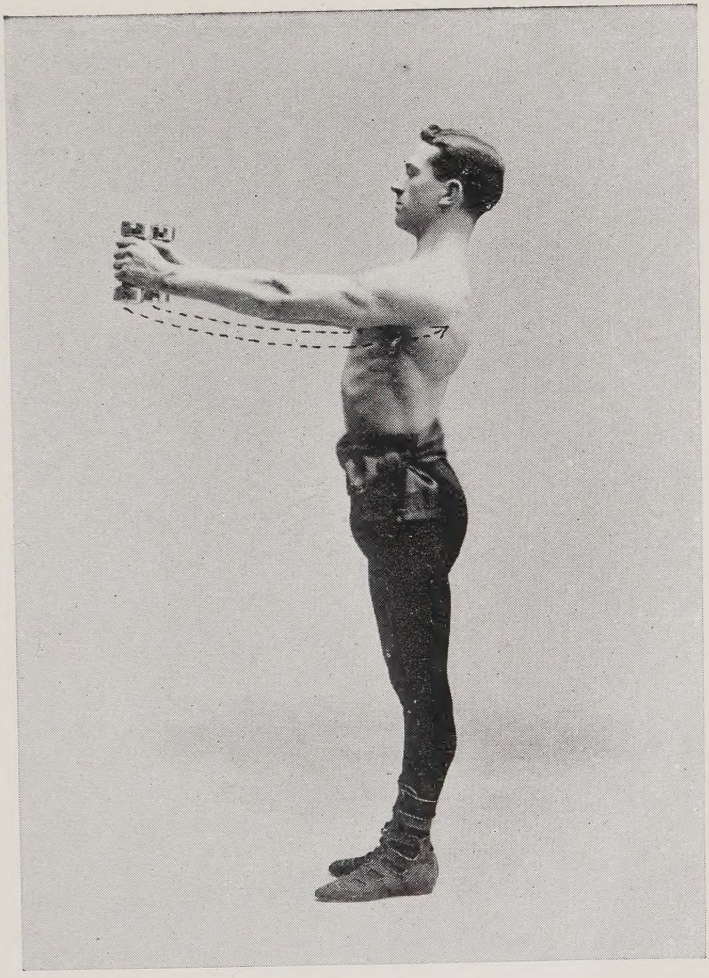


Ex. 4.—READY POSITION.

Extend both arms in a line with the shoulders, palms of the hands upward.

Movement.

Flex both arms until the dumb-bells are immediately over the shoulders, and straighten again until the triceps are thoroughly in the strain, pushing well outward, and raising the shoulders as the arms are extended. The head should be thrown back as the arms are extended, and bent forward as the arms are contracted. Muscles : Biceps, Triceps, Deltoid, and Neck Muscles (anterior and posterior).

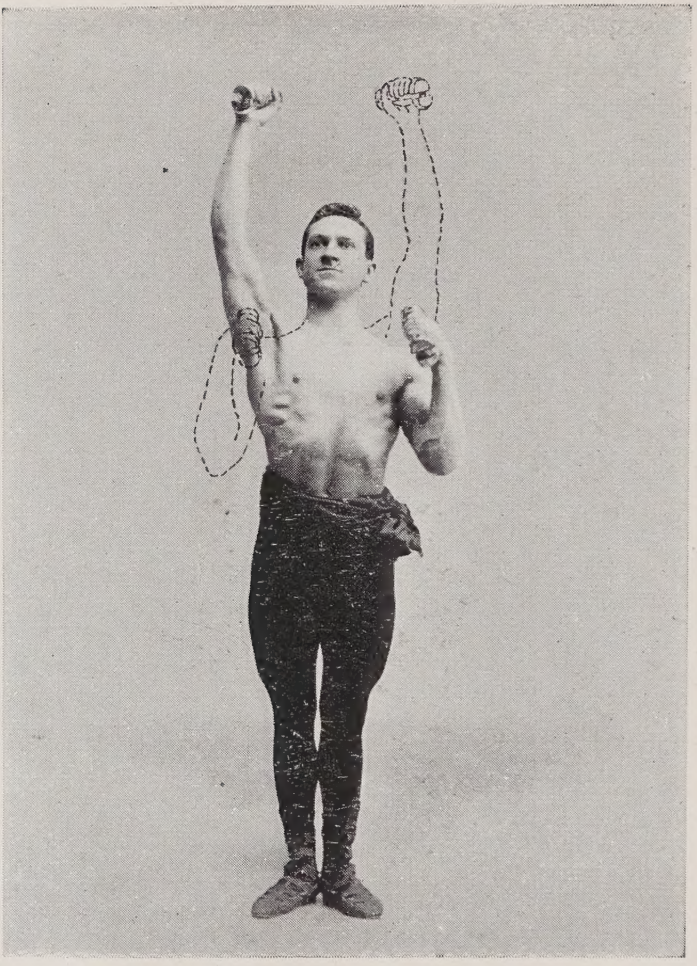


Ex. 5.—READY POSITION.

Stand erect, arms extended in front of the body.

Movement.

Bring the arms slowly backward in a line with the shoulders, inhaling steadily all the time the hands are travelling. Make a momentary pause, brace up the chest, bring the arms forward again, exhaling to the utmost all the time that the hands are travelling. Breathing movement *slow*. Muscles : Deltoid, Pectorals, Rhomboids, and Trapezius.

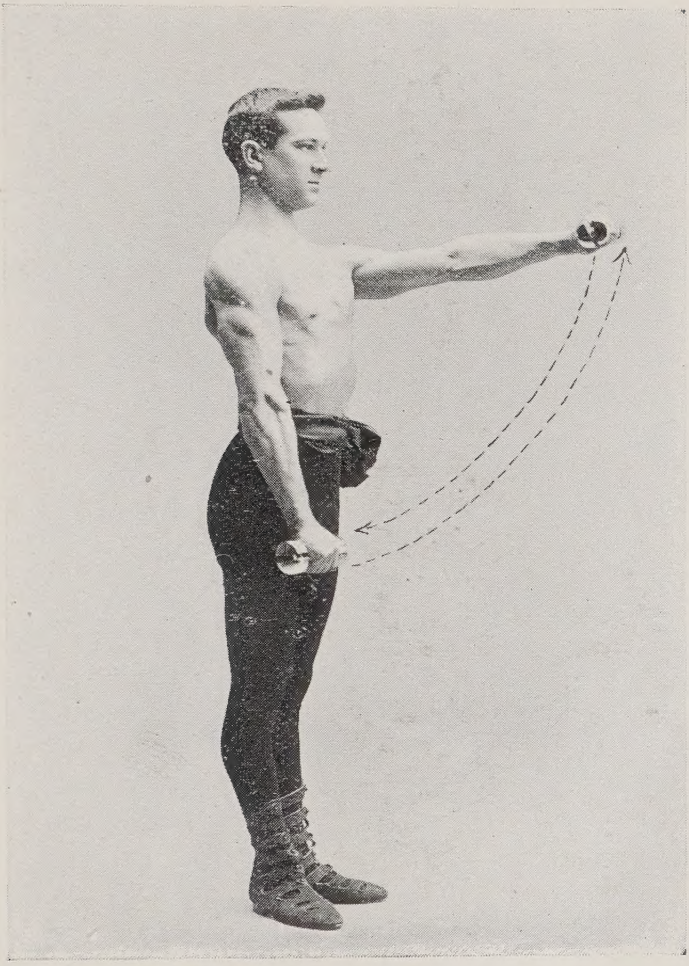


Ex. 6.—READY POSITION.

Arms bent, elbows slightly in front and pressed close to body, forearms perpendicular, bells level with the shoulders.

Movement.

Press the right bell upward as far as possible, head thrown back, without moving body from the perpendicular. Draw the bells smartly down to the original position, at the same time pressing the left bell up. The face should be turned upward, and should rotate and follow the extended hand. Muscles : Deltoid, Trapezius, Triceps, Latissimus Dorsi, and Neck Muscles (lateral).



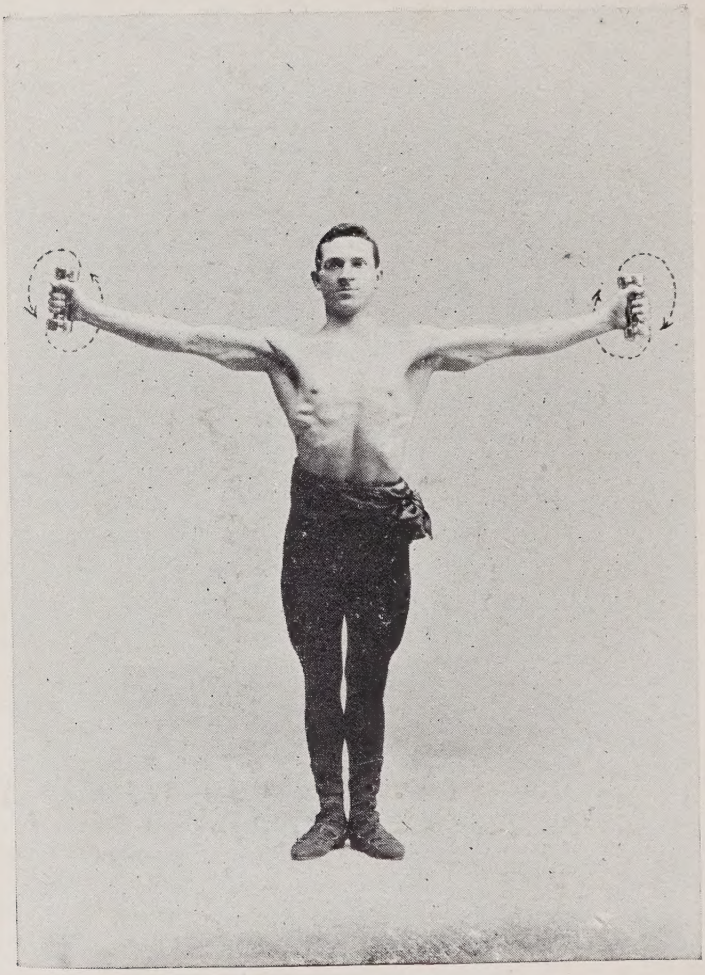
Ex. 7.—READY POSITION.

Same as Exercise 2.

Movement.

Raise the right hand forward to the level of the shoulder, reaching forward as far as possible without moving the body. Lower the bells to original position (bells must not touch thighs), at the same time raise the left arm. Avoid swing.

NOTE.—The action is that of placing the bell on a shelf just beyond the reach. Muscles : Deltoid, Serratus Magnus, and Upper Pectorals.



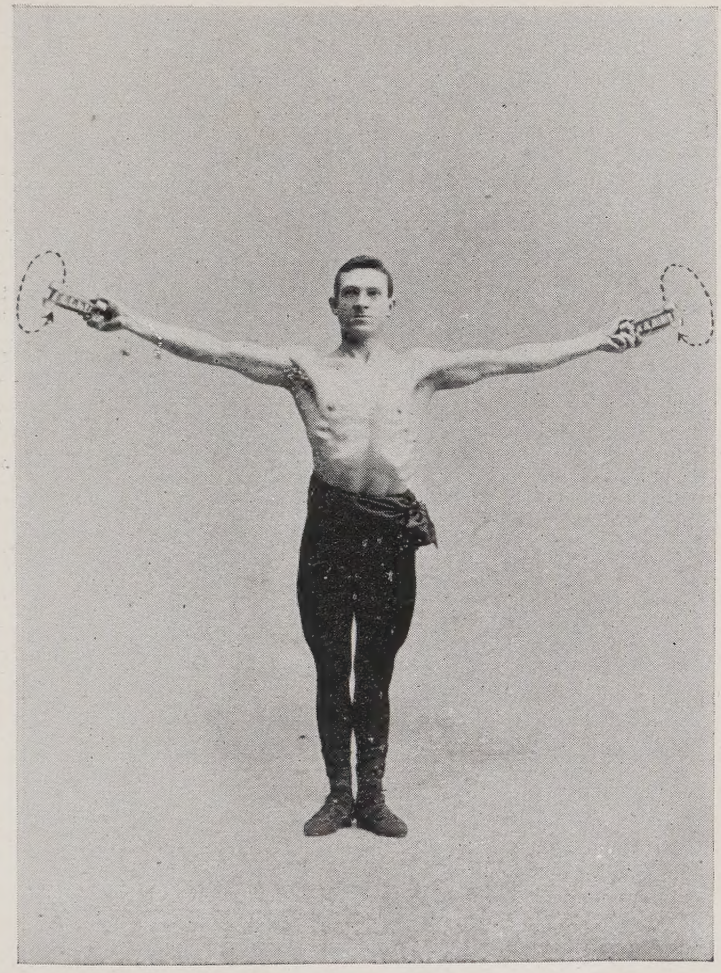
Ex. 8.—READY POSITION.

Stand erect, extend both arms in a line with the shoulders.

Movement.

(*a*) Bend the hands backward and forward upon the wrists, grinding the muscles well in.

(*b*) Rotate each hand simultaneously and quickly on the axis of the wrist. Muscles : (*a*) Flexors and Extensors of the forearm. (*b*) The Pronators and Supinators.



Ex. 9.—READY POSITION.

Same as Exercise 8, but holding the dumb-bells with the end in the palm of the hand and the forefinger stretched along the handle.

Movement.

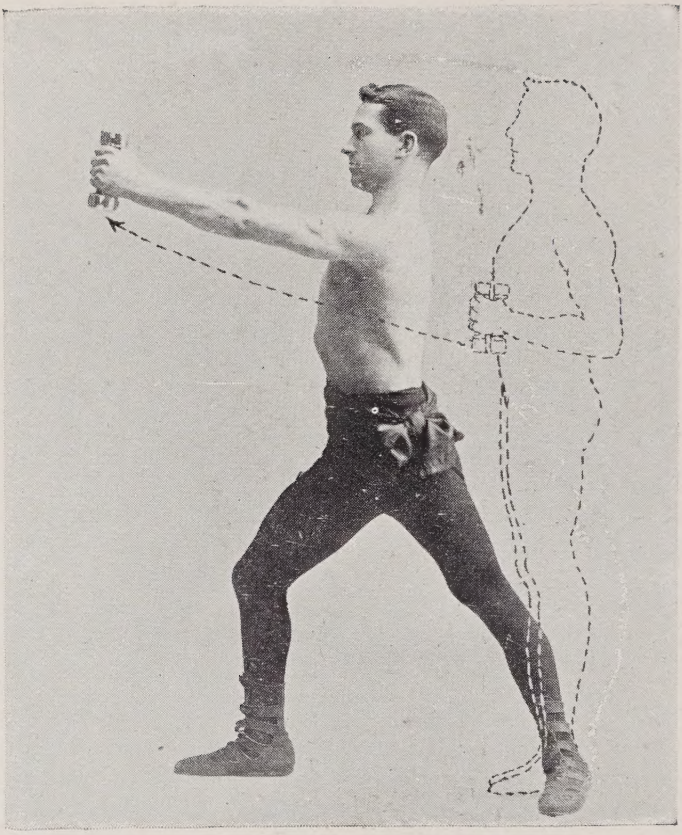
Circle the bells by a circular motion of the wrist, with a slow steady movement, keeping the free end of the bell pressed in as close to the forearm as possible. Muscles : Supinators, Flexors and Extensors of the forearm.

Ex. 10.—READY POSITION.

As in Exercise 9.

Movement.

As in Exercise 9, but circle the bells in the reverse direction.



Ex. 11.—READY POSITION.

Stand with left toe pointing to left, and right foot to front, the left arm flexed, forearm horizontal, elbows close to sides, eyes front.

Movement.

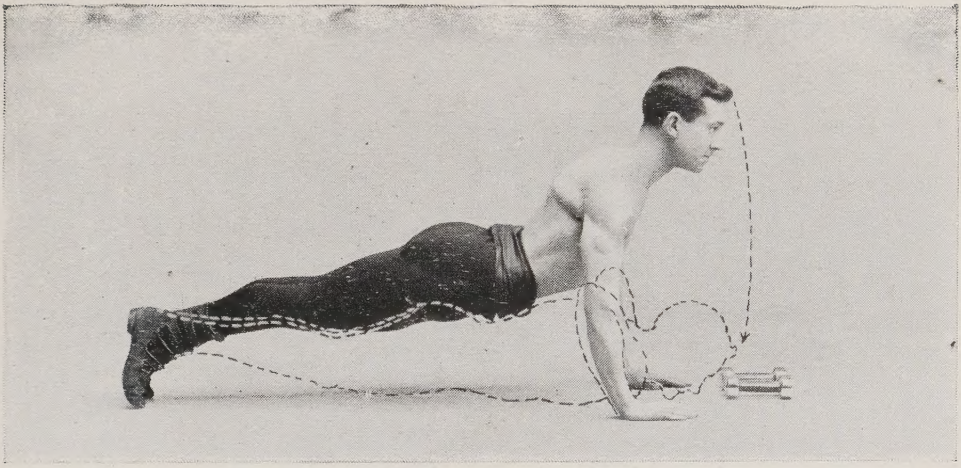
Lunge three feet to front with right foot, right knee bent, left leg straight, and at the same time strike vigorously forward with left bell, stretching forward the shoulders as far as possible. Do not allow the heels to leave the ground. Smartly recover to position, bringing the right heel close to left. In lunging with the bell the arm should be straightened just before the right foot touches the ground, *i.e.*, the movement of the arm should slightly anticipate the movement of the foot. Muscles: Serratus, Pectorals, Deltoid, Latissimus Dorsi, and Quadriceps.

Ex. 12.—READY POSITION.

As in Exercise 11.

Movement.

Exactly the reverse of Exercise 11. Muscles same as in Exercise 11.

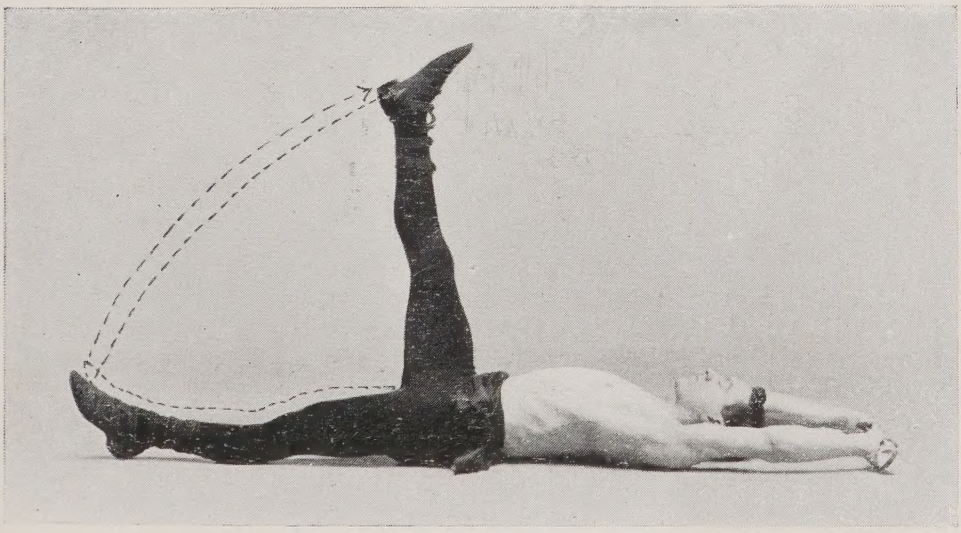


Ex. 13.—READY POSITION.

Lie on the face, hands beneath the shoulders.

Movement.

Press the body slowly upward, the back hollowed, and the knees braced well back. Lower again to position. In this movement the body should be kept rigid, and no part of the body should be allowed to touch the ground except the hands and toes. Muscles : Serratus and Triceps.

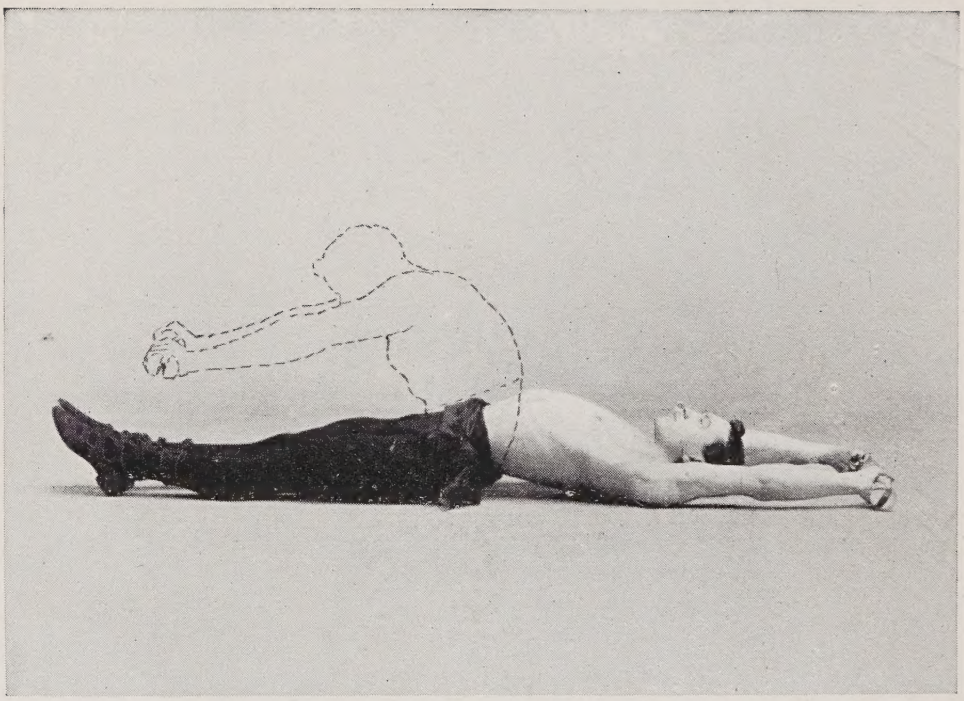


Ex. 14.—READY POSITION.

Lie flat on the back with arms stretched above the head.

Movement.

Alternately raise and lower right and left legs, with a slow sweeping motion, keeping the knees straight and the toes pointed ; the heels must not touch the ground during the exercise. Muscles : Lower Abdominals and Psoas Iliacus.



Ex. 15.—READY POSITION.

Lie on the back, arms stretched above the head.

Movement.

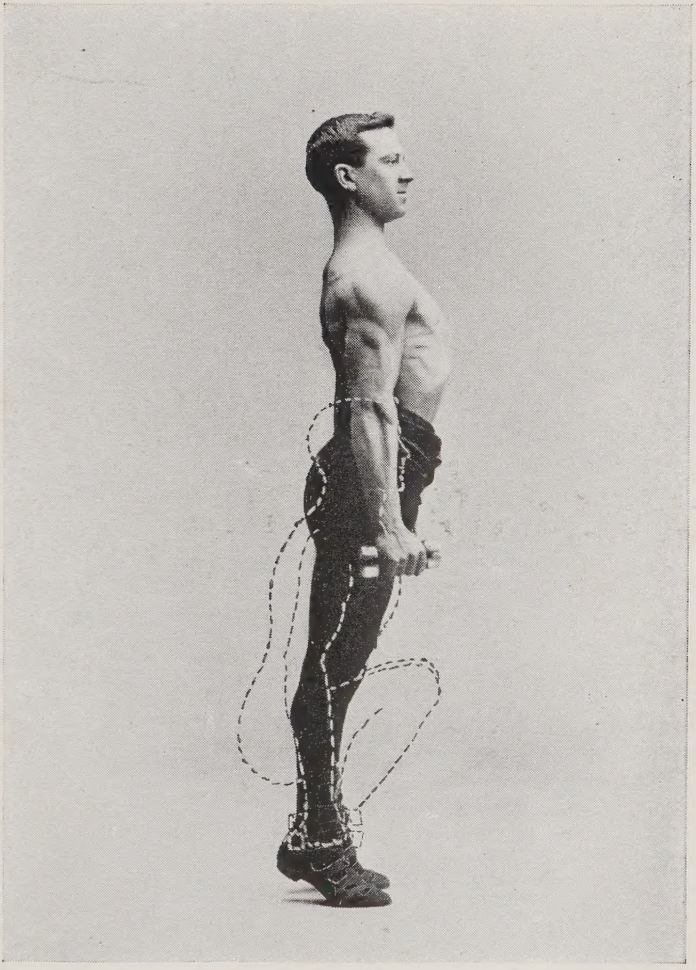
Raise the body slowly, keeping the arms pointed toward the feet, and continue the movement until the bells pass a few inches beyond the toes. Return slowly to position. This movement should be done without swing. Muscles : Upper Abdominals.

Ex. 16.—READY POSITION.

As in Exercise 14.

Movement.

As in Exercise 14, but with both legs together. Muscles : Lower Abdominals.

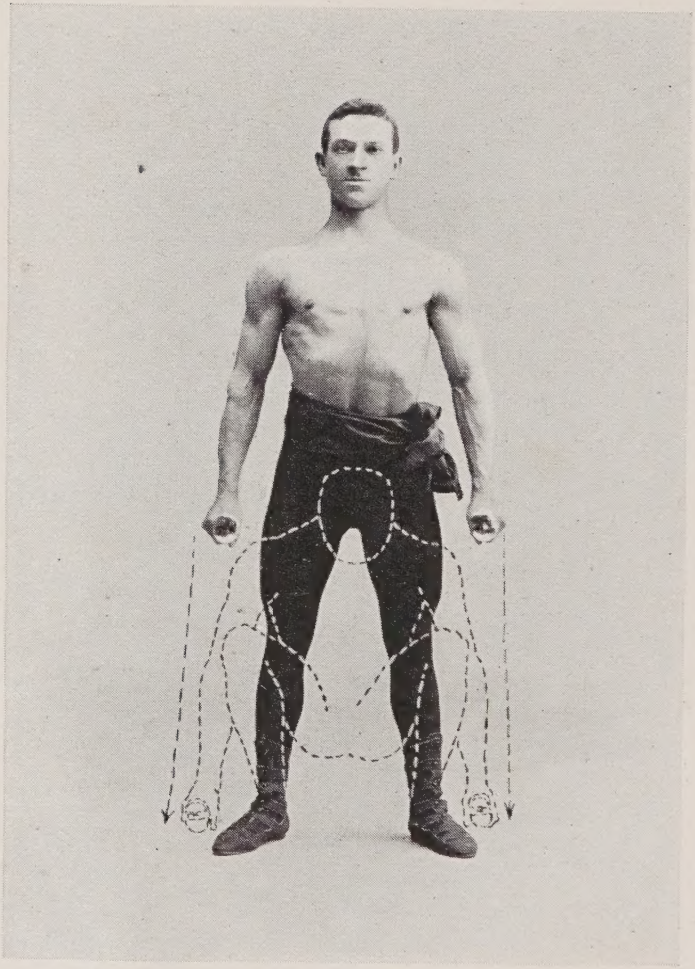


Ex. 17.—READY POSITION.

Arms by sides, heels together, toes pointing outward, rise on tip-toe.

Movement.

Sink slowly down, knees apart, body upright. Heels must not touch floor. When the last limit has been reached return to first position. The heels must not at any time touch the floor in this exercise. Muscles: Quadriceps of thigh, Gastrocnemius and Soleus.

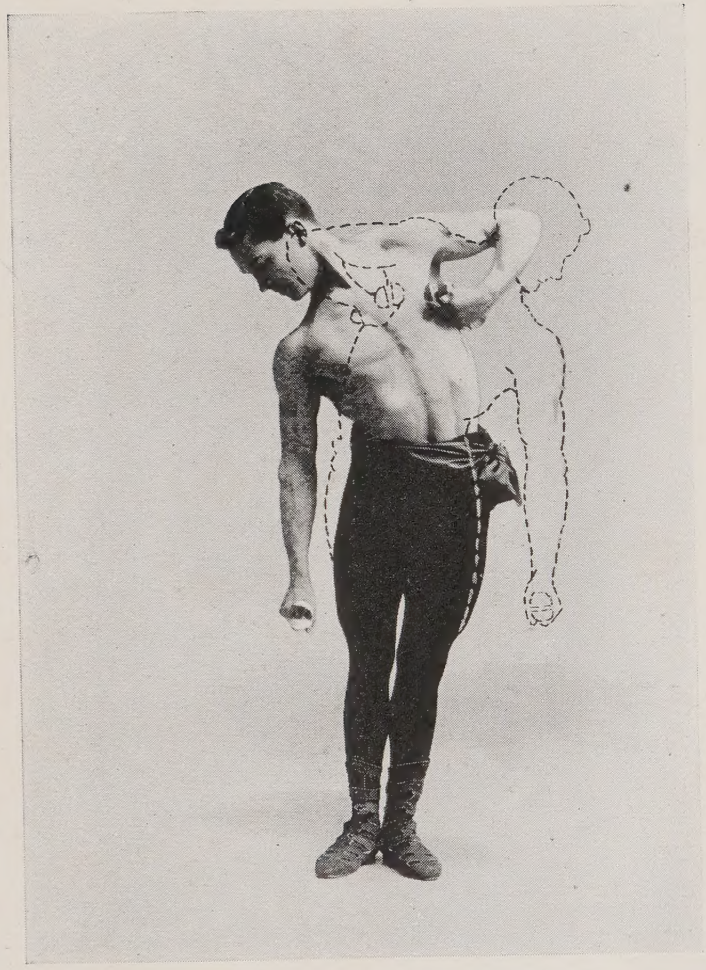


Ex. 18.—READY POSITION.

Feet twelve inches apart, heels on the floor, arms at sides.

Movement.

Same as Exercise 17, but heels must be kept flat on floor throughout the Exercise. Muscles: Quadriceps, Biceps and Flexors of thigh and Extensors of foot.

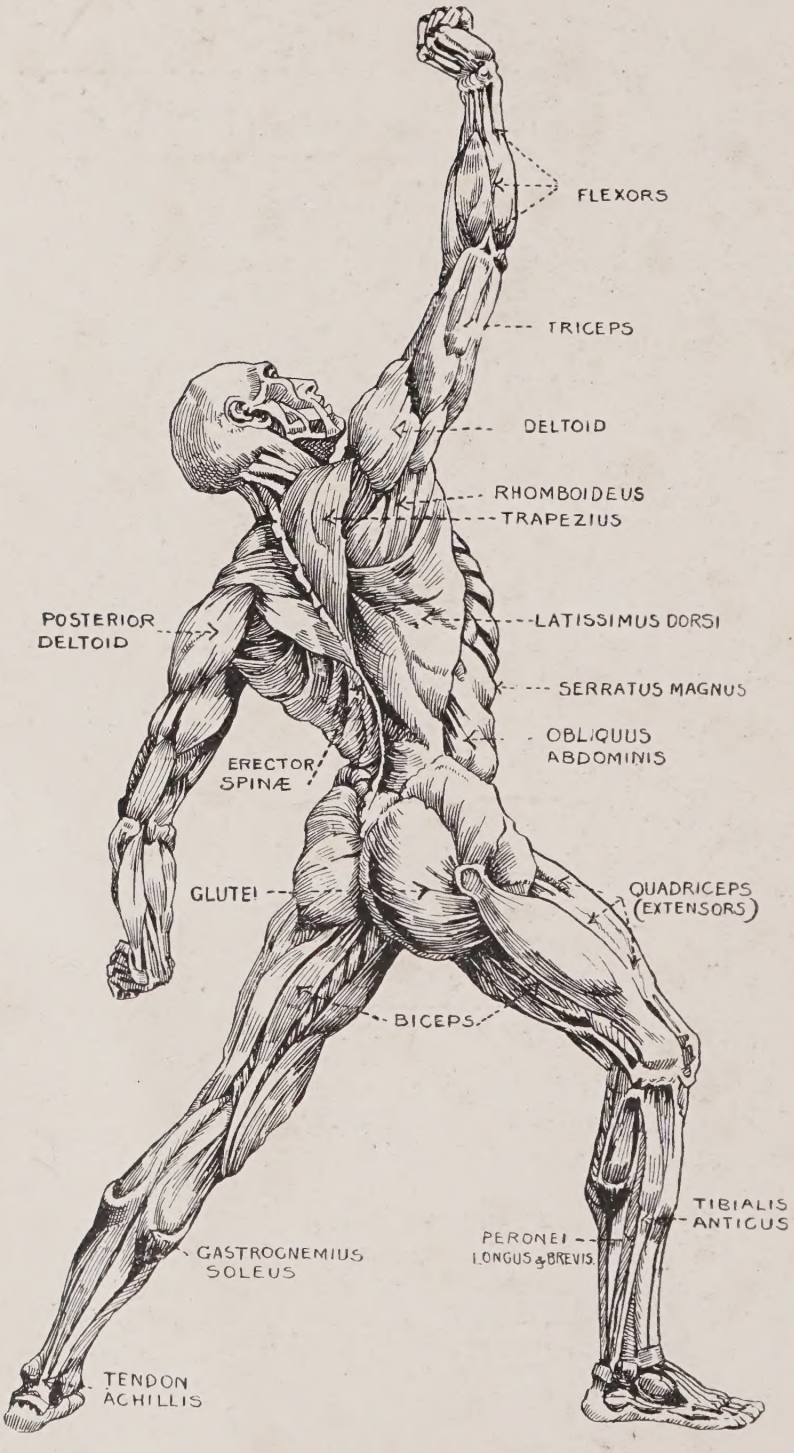


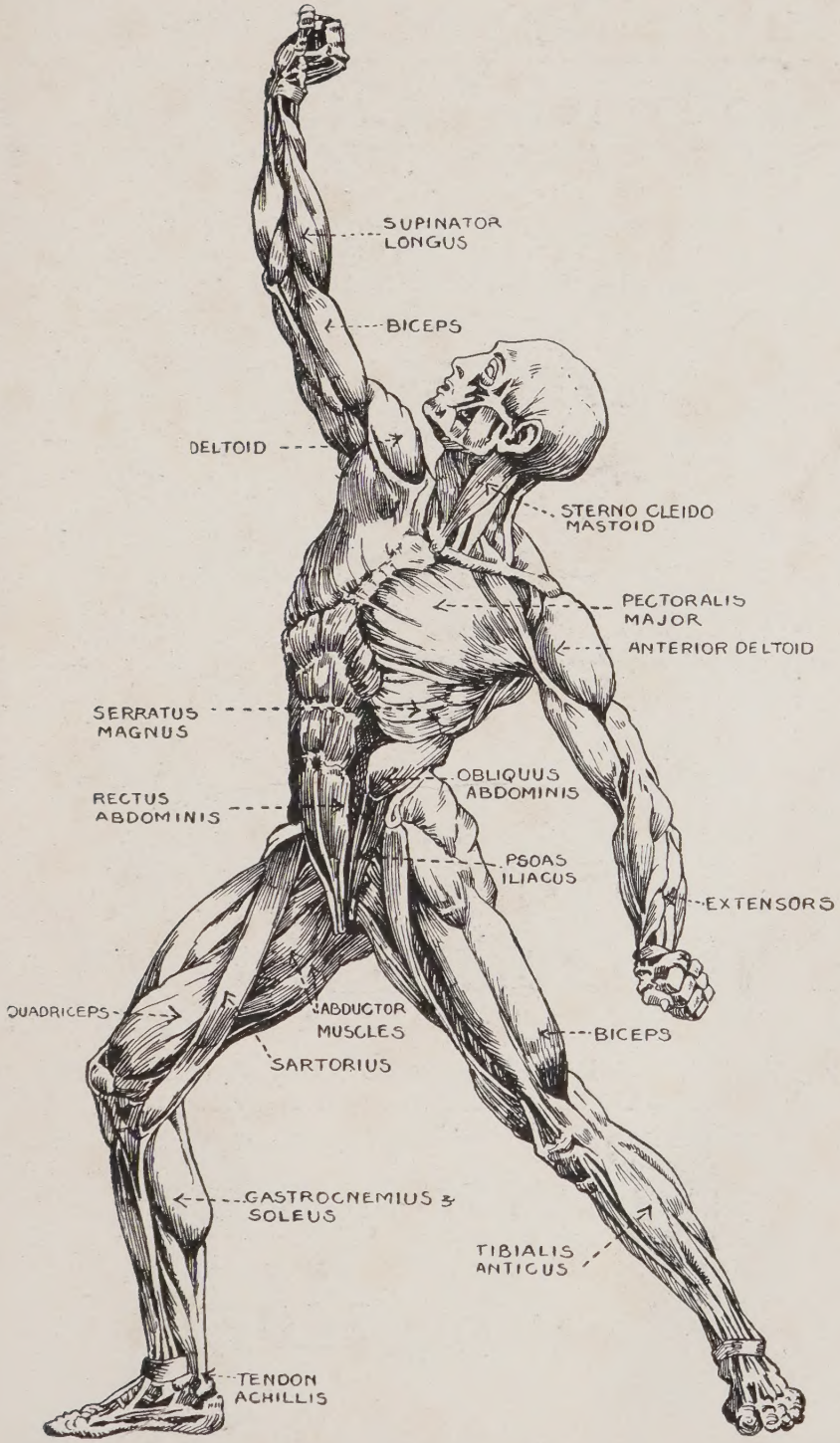
Ex. 19.—READY POSITION.

Arms at sides, body perfectly upright.

Movement.

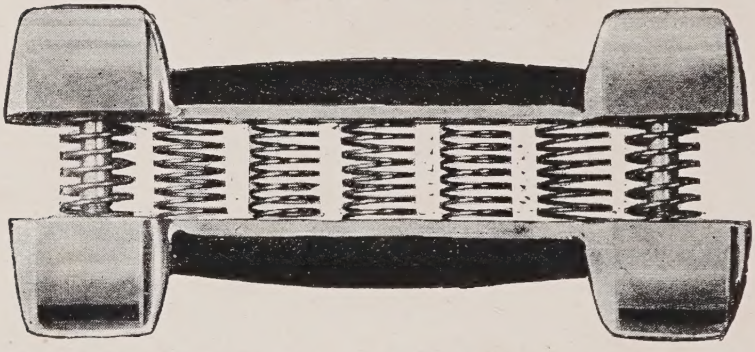
Bend body to right side as far as possible, at the same time bringing left hand under left armpit, stretching the right arm down as far past the knee as possible. Reverse. Muscles: Abdominal Obliques, Biceps, and Deltoid.


FLEXORS
TRICEPS
DELTOID
RHOMBOIDEUS
TRAPEZIUS
POSTERIOR DELTOID
LATISSIMUS DORSI
SERRATUS MAGNUS
OBLIQUUS ABDOMINIS
ERECTOR SPINÆ
GLUTEI
QUADRICEPS (EXTENSORS)
BICEPS
TIBIALIS ANTICUS
PERONEI LONGUS & BREVIS
GASTROGNEMIUS SOLEUS
TENDON ACHILLIS

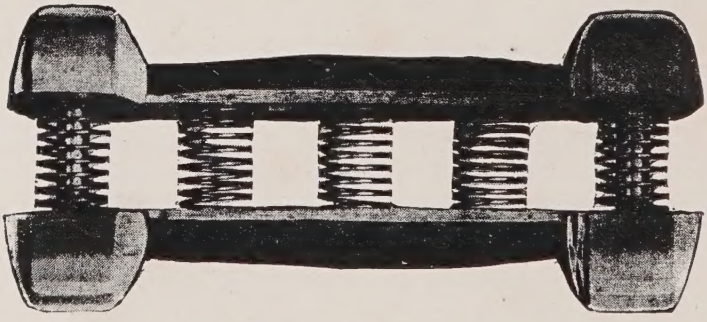

SUPINATOR LONGUS
BICEPS
DELTOID
STERNO CLEIDO MASTOID
PECTORALIS MAJOR
ANTERIOR DELTOID
SERRATUS MAGNUS
OBLIQUUS ABDOMINIS
RECTUS ABDOMINIS
PSOAS ILIACUS
EXTENSORS
QUADRICEPS
ABDUCTOR MUSCLES
BICEPS
SARTORIUS
GASTROCNEMIUS & SOLEUS
TIBIALIS ANTICUS
TENDON ACHILLIS

Illustrations of the Grip Dumb-Bells.

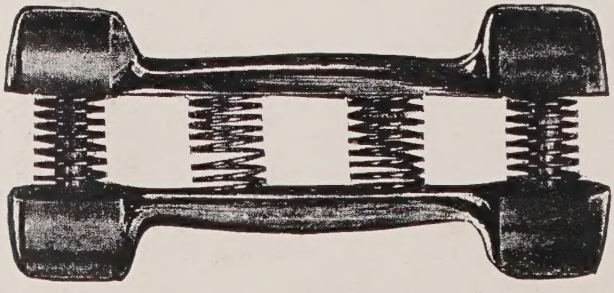
The middle springs can be removed by a slight side pressure, and the dumb-bells can be adjusted to the strength of the user.



FOR GENTLEMEN.—Nickel-plated, leather-covered handles, weight 3 lbs. each Dumb-Bell, 7 springs.

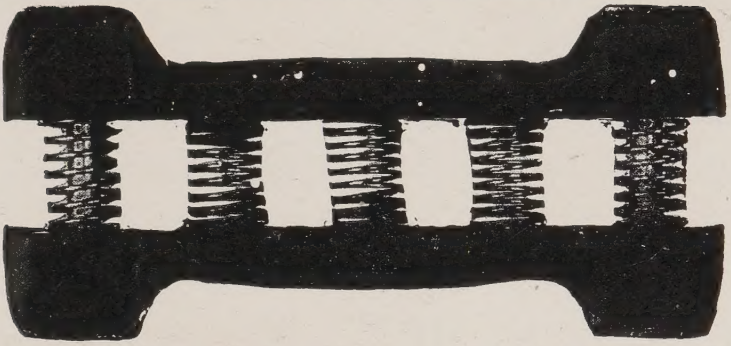


FOR YOUTHS & LADIES.—Nickel-plated, leather-covered handles, weight 2 lbs. each, 5 springs.

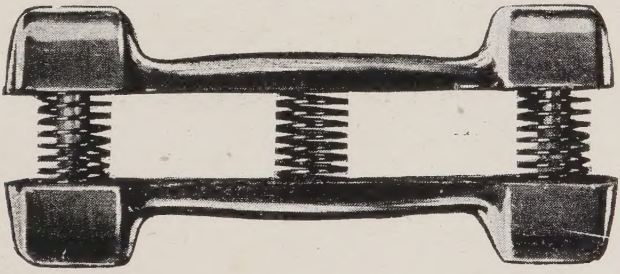


FOR BOYS.—Nickel-plated, weight 1 lb. each, 4 springs.

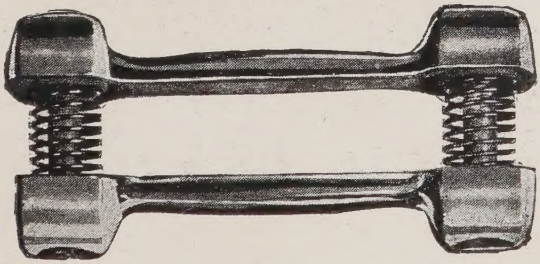
Illustrations of Grip Dumb-Bells.



FOR MEN.—Black enamelled, weight 3 lbs. each Dumb-Bell, 5 springs.



FOR GIRLS.—Nickel-plated, weight 1 lb. each, 3 springs.



FOR CHILDREN.—Nickel-plated, weight ¾ lb. each, 2 springs

Trade Mark.

Sandow's Concentrated Embrocation.

I beg to call the attention of the general public to my latest production in connection with the human body, viz. :

SANDOW'S CONCENTRATED EMBROCATION.

I think I may say without being egotistical that there are few men in a position to judge the merits and appreciate the value of an Embrocation so well as I, as owing to the nature of my profession, I have naturally had to suffer every conceivable form of sprain, strain, and bruise and not only have I had to have a good Embrocation, but one that would fit me for my work in the shortest possible time.

Added to my personal experience over 100,000 pupils have passed through my hands, a large proportion of whom have consulted me for various ailments, such as :—rheumatism, neuralgia, sciatica, overstrain, sprains, stiffness, writer's cramp, chronic inflammation of glands, bronchitis, coughs, colds, etc.

This being the case I have been continually experimenting with the various therapeutic properties that would be suitable for outward application in the above cases, and during my travels that have been world wide I have collaborated with the finest scientists and herbalists in the various countries for the furtherance of my quest. Particularly so has this been the case during my last visit to India and the East generally, where the use of unguents is brought to a much higher state of perfection than in Europe and America.

The result of all this work is embodied in the production now known as **SANDOW'S CONCENTRATED EMBROCATION,** in the use of which I have never experienced a single failure ; and in order that everyone may participate of the benefits obtained from its use, I have put it on the market at a popular price that will suit all pockets.

As I have found that a great difficulty in the use of Embrocation lies in the fact that the user is ignorant of the correct method of application, I have prepared a booklet illustrated by photographs showing in detail the correct method of applying my CONCENTRATED EMBROCATION for the rapid cure of rheumatism, neuralgia, sciatica, lumbago, overstrain, sprains, stiffness, writer's cramp, chronic inflammation of glands, bronchitis, coughs, colds, etc.

This Embrocation is in a highly concentrated form and being exceptionally strong must not be used on a broken skin, and care must be taken not to get it in the eyes.

EUGEN SANDOW.

Sold in Collapsible Tubes by all Chemists, Stores, Athletic Outfitters,

AND BY

Sandow's Embrocation Co., Sandow Hall, Savoy St., London, W.C.